

HILLTOP PRESCHOOL: A HEALTHY CHILDREN HEALTHY WEIGHTS SUCCESS STORY

By Ann Fisher and Hannah Bills

“Hilltop Preschool has been in existence since 2009,” began Laura Moehrman of Hilltop Preschool. “Our mission is basically to provide more opportunities for early childhood here on the west side. Hilltop in particular is an area of great people but high need and lack of opportunities. We really felt that by empowering students, we would help them with school success and maybe change the trajectory of their lives and lift people out of poverty.”



Healthy Children Healthy Weights (HCHW) values their partnership with Hilltop Preschool. The HCHW team has worked closely with Moehrman, the center’s director, as well as their on-site cook and teachers to go above and beyond licensing requirements to better impact the lives of their children. “Every decision is made for the betterment of children, so I just saw this as an opportunity to give us another gold star, you know, another recognition for our teachers’ hard work. I think it means something to our families and it benefits the children.”

When asked about her experience with HCHW, Moehrman had many positive things to say. “It’s been very nice having the support, the technical assistance, and also the training has been very good. I love that they were able to be flexible around our schedule, because there’s only certain times that I can get everyone together. It did help us with Step Up to Quality. We are a 5 star center, so we are very happy about that, and I know that the Healthy Children Healthy Weights program really did help with that.”

Moehrman also had many examples of success in working with HCHW. In promoting Water First for Thirst, she shared, “A lot of adults think that water has to be flavored or sweetened in some way, but honestly the kiddos do not miss it. They don’t miss pop, they don’t miss Kool-Aid, they’re just so used to the water. We only serve 1% white milk and the kids don’t even ask for chocolate milk, they never have.”

For more information on the Healthy Children, Healthy Weights Program, visit our [website](#).